

Centering Pregnancy and Parenting Association, Inc

## *Steps in Developing a Centering Model*

The mission of Centering Pregnancy and Parenting Association, Inc (CPPA) is to change the paradigm of health services to a group care model in order to improve the overall health outcomes of mothers, babies, new families and all individuals across the life cycle.

CPPA promotes the Centering model to the general public and provides education, training, and support for individuals and organizations throughout the world. Our goals include:

- Informing health professionals, students, parents and individuals about the Centering model;
- Developing and conducting workshops;
- Credentialing workshop faculty;
- Providing consultation services;
- Developing and updating educational, training, and promotional materials;
- Providing site approval;
- Supporting research on the Centering model; and
- Assuring financial stability of the organization.

The following steps are essential for sites to develop a Centering model.

### **Step 1: Basic Information**

A. If you're considering starting a Centering model, you probably have lots of questions. Some of these should be considered before you move forward in the process to make the most of your investment of time and money.

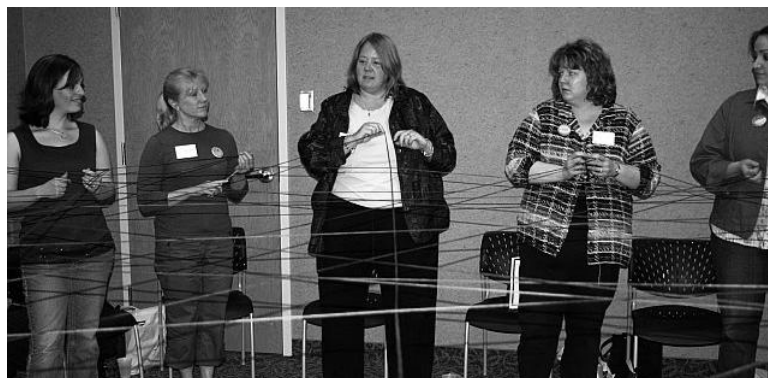
- ★ Call CPPA headquarters at 203-271-3632 with your questions or consult our website, [www.centeringpregnancy.org](http://www.centeringpregnancy.org)
- ★ Refer to the CPPA Start-Up Handbook which contains both theoretical and practical information as well as sample sessions for both Pregnancy and Parenting models.
- ★ View the webcast on the CenteringPregnancy® model, presented in 2007, which have been archived by the Clinical Directors Network and can be accessed through [www.CDNetwork.org](http://www.CDNetwork.org)

B. Once you've decided to move forward, please let us know, and we'll send you a Start Up Planning Packet.

C. Apply for start-up funds, if needed. Your state chapter March of Dimes or other local foundation would be a great place to apply. CPPA has a grant template which might make the process easier.

### **Step 2: Training Workshops**

The site should be in communication with CPPA regarding their specific needs for basic training. There are several training plans available and CPPA will help the site to determine the best one for their needs. NOTE: Site Start-Up Packages involving a single agency include Steps 2, 3, and 4 and are a two-year commitment.



Sites may opt to host a workshop or to attend a workshop being held at another location. In either case, all potential Centering providers and group co-facilitators must attend training; other representatives from the site and/or the planning committee are welcome to attend the first morning specifically.

Advanced workshops are offered with additional content on group facilitation and common system challenges.

### **Step 3: Implementation and On-going Consultation**

- ★ File your implementation time-line with CPPA to receive appropriate support and consultation
- ★ Use the CPPA resources through phone and/or email to develop strategies, ask questions, etc. This service is free with your up-to-date Site Membership. (Your Site Membership also allows use of the Centering logos, listing on the website, and a 10% discount on Notebooks.)
- ★ Stay in touch with CPPA and be a part of the network of Centering sites!

### **Step 4: Site Approval**

Once the first group series has been completed and another group has been started it is expected that the site will begin the CPPA Site Approval process. This involves completing a self-evaluation report and documenting that the Essential Elements are in place. A site visitor will spend 1.5 days at the site talking with key people, reviewing documents, and observing a group. A formal, written report will be issued giving feedback to the site and an appropriate approval designation.

Sites have an opportunity to be designated a Best Practice, recognition reserved for the most outstanding sites. Site Approval is active for two years following which a short updated report will need to be filed. One of the benefits of site approval will be the possibility of participating in larger evaluation and research studies.

The cost of Site Approval is also included in the Site Start-Up Packages.



### **Step 5: Sustainability**

Initially sites may have grant funding to assist with the expenses of training and start-up. If the model is going to be sustained, however, the site needs to budget appropriately for on-going expenses. These include: patient materials, staff leadership, food, administrative time, data collection/evaluation. By the third year each site should plan to have the necessary items in the agency's budget.

After the initial pilot groups (perhaps 3-4 groups) the site will be able to evaluate the appropriateness of "fit" of the model within the agency. Plans should be made to move the project from a pilot to a standard of care. Several factors help to assure this:

- At least 2 teams are involved in group leadership
- Plans are in place for assuring on-going access to group space
- Centering is presented as the model of care so that clients now need to "opt out" of group
- An on-going evaluation program is in place
- There is adequate funding budgeted to support the program
- The site is available to mentor developing Centering sites
- The steering group leader has released administrative time

*We look forward to having an on-going relationship with you.  
Our goal is for every site to have a successful Centering model!*